

**August 21-23, 2015**  
***Transforming the Judgmental Mind, Cultivating the Wise Heart***



A Weekend Non-Residential Retreat Led by **Donald Rothberg**

Judgments of a reactive and often automatic nature are very strong in most of our lives, and in the dominant culture. They can distort our perceptions, make relationships with others difficult, and undermine our work in the world. In this weekend retreat, we will explore the nature of such judgments (and their difference from non-reactive discernment) and how to transform them. We will cultivate mindfulness, inquiry, and heart practices such as loving kindness, forgiveness, and compassion.

We will also explore the somatic and social dimensions of judgments and the role of cultivating awakened qualities in transforming judgments. These tools will help us to preserve the intelligence and energy often found in judgments, using them for discernment and compassionate action, while working through judgments' destructive and compulsive aspects. This retreat will include sitting and walking meditation, including instructions for several guided practices, talks and group discussion, and some basic movement practices, all in the context of a small, supportive community.

**This event will be held at the ABQ Vipassana center, 200 Rosemont Ave. NE**

*The Teacher requests that participants attend the whole retreat (although just attending Friday evening is possible):*

7-9:00 pm    Friday  
9-5:00 pm    Saturday  
9-4:30 pm    Sunday

\*\*\*Please bring lunch for yourself on Saturday and Sunday. Chairs and some cushions will be available. Bring what else you may want for your best comfort.

**Donald Rothberg**, Ph.D., is a member of the Teachers Council at the Spirit Rock Center in California. He has practiced Insight Meditation since 1976 and also received training in Tibetan Dzogchen and Mahamudra practice, and the Hakomi approach to body-based psychotherapy. He teaches and writes on meditation, daily life practice, spirituality and psychology, and socially engaged spirituality, and is the author of *The Engaged Spiritual Life: A*

*Buddhist Approach to Transforming Ourselves and the World.* He is currently working on a book on *Transforming the Judgmental Mind.*



Questions/Contact: Anne Arkin (osaearkin@gmail.com) or AVS website: <http://abqsangha.org> for information.